

Boost Your Immunity And Weather The Seasons With Traditional Chinese Recipes

Are you tired of falling victim to every cold and flu that seems to go around every season? Do you wish you had a stronger immune system to withstand these seasonal changes? Look no further! Traditional Chinese recipes have been used for centuries to boost immunity and maintain optimal health. In this article, we will explore some of these recipes and discover the powerful ingredients that can help you weather the seasons without getting sick.

Chinese medicine places great emphasis on prevention and balance as the keys to good health. It believes that the external environment can affect our internal balance, making us more susceptible to illnesses. Thus, it is crucial to strengthen our immune system to combat these external factors.

1. Ginger and Scallion Soup

This simple yet powerful soup is a staple in Chinese households during the colder months. Ginger and scallion are known for their warming properties and ability to expel cold from the body. Ginger also has antibacterial and antiviral properties, making it an excellent ingredient for boosting the immune system.



Healing Herbal Soups: Boost Your Immunity and Weather the Seasons with Traditional Chinese Recipes: A Cookbook by Rose Cheung (Kindle Edition)

★★★★☆ 4.5 out of 5

Language : English

File size : 43359 KB

Text-to-Speech : Enabled

Enhanced typesetting : Enabled

Word Wise : Enabled

Screen Reader : Supported

Print length : 205 pages



Ingredients:

- 1 cup of sliced ginger
- 1 cup of chopped scallions
- 4 cups of chicken or vegetable broth
- Salt and pepper to taste

Instructions:

1. In a pot, bring the broth to a simmer.
2. Add the ginger and scallions and let it cook for about 10 minutes.
3. Add salt and pepper to taste.
4. Enjoy the soup while it's still warm.

2. Herbal Tea

Herbal teas are an integral part of traditional Chinese medicine. They are made by infusing various herbs and ingredients in hot water, extracting their beneficial properties. Some common herbs used in Chinese herbal teas include ginseng, goji berries, and chrysanthemum, to name a few.

Here's a recipe for a simple herbal tea:

Ingredients:

- 1 teaspoon of dried chrysanthemum flowers
- 1 teaspoon of dried goji berries
- 1 cup of hot water
- Honey or stevia for sweetening (optional)

Instructions:

1. Add the dried chrysanthemum flowers and goji berries to a teapot or mug.
2. Pour hot water over the herbs.
3. Let it steep for about 5 minutes.
4. Strain the tea and sweeten with honey or stevia if desired.

3. Chinese Herbal Chicken Soup

This hearty and nourishing soup is often consumed during convalescence to boost immunity and speed up recovery. The combination of Chinese herbs, chicken, and various vegetables creates a flavorful and medicinal soup that can help strengthen the body's defenses.

Ingredients:

- 1 whole chicken, cut into pieces
- 5-6 slices of dried astragalus root
- 5-6 slices of dried codonopsis root
- 5-6 dried red dates
- 2 tablespoons of goji berries

- 2 tablespoons of dried shiitake mushrooms
- 2-3 carrots, peeled and sliced
- 2-3 potatoes, peeled and cubed
- Salt and pepper to taste

Instructions:

1. In a large pot, bring water to a boil.
2. Add the chicken pieces, astragalus root, codonopsis root, and red dates.
3. Simmer for about 1 hour, skimming off any impurities that rise to the surface.
4. Add the goji berries, shiitake mushrooms, carrots, and potatoes.
5. Simmer for another 30 minutes until the chicken is tender and the vegetables are cooked.
6. Add salt and pepper to taste.
7. Enjoy the soup while it's hot.

4. Longevity Porridge

This porridge is packed with nutritious ingredients that promote overall health and longevity. It is often eaten for breakfast or consumed as a light meal, especially during the colder seasons.

Ingredients:

- 1 cup of glutinous rice
- 1 cup of sweet black rice
- 1 cup of red beans

- 1 cup of lotus seeds
- 1 cup of dried lily bulbs
- Rock sugar or honey for sweetening

Instructions:

1. Wash the glutinous rice, black rice, and red beans separately.
2. Soak the black rice and red beans in water overnight.
3. In a pot, add the soaked black rice, red beans, lotus seeds, and dried lily bulbs.
4. Add water and bring to a boil.
5. Simmer for about 1 hour until the ingredients are soft and the porridge has thickened.
6. Sweeten with rock sugar or honey.
7. Serve warm.

By incorporating these Traditional Chinese recipes into your diet, you can boost your immune system and better withstand the seasonal changes. However, it is important to remember that these recipes should not replace professional medical advice and treatment. If you have any health concerns, consult with a healthcare professional before making any significant dietary changes. Stay healthy and enjoy the benefits of these delicious and nourishing recipes!

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Soothe your soul and boost your immunity with these easy and delicious soup recipes that incorporate Traditional Chinese Medicine.

Combining the trends of culinary medicine and seasonal eating and adding a dash of Traditional Chinese Medicine (TCM), *Healing Herbal Soups* is the first book of its kind to focus on boosting immunity and weathering the seasons, by a mother-daughter, Chinese-American duo. Rose and Genevieve have been making Chinese herbal soups in their kitchens all their lives. They made broths to help their bodies adapt to the seasons, and now, for the first time, they're translating these traditional recipes—all of which have been vetted by Dr. Shiu Hon Chiu, a preeminent TCM doctor, researcher, and professor—into English.

Healing Herbal Soups provides a complete herbal encyclopedia and more than fifty tasty recipes—with full-color photographs—that mix herbs with meat and vegetables to create healing broths. These easy-to-follow recipes are here for you whenever you feel unwell, or if you're just looking to add healthy soups to your weekly meal rotation. Armed with an intro to TCM and special sections on tea, ginger, and ginseng, as well, at last, you can feel less dependent on Western concoctions of drugs and chemicals, and start using traditional Chinese herbs right in the comfort of your own home.

Learn more at healingherbalsoups.com



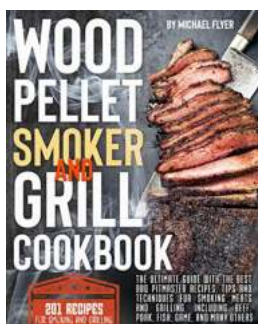
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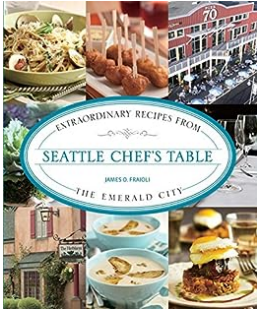
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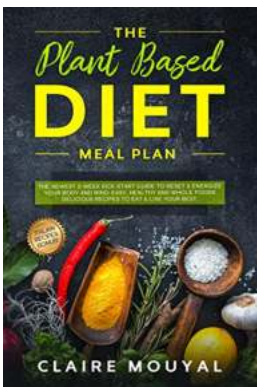
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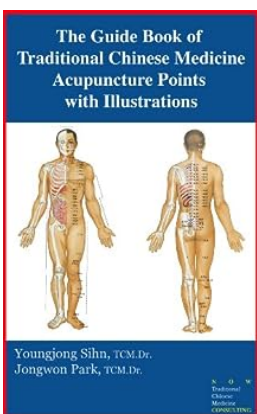
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